

Chocolate Custard Cake Filling

What's Cooking II
North American Institute of Modern Cuisine

Yield: 1 3/4 cups

2 cups milk
2/3 cup sugar
3 tablespoons cocoa
3 egg yolks
1/4 cup cornstarch
2 tablespoons unsalted butter
1/2 teaspoon vanilla extract

In a saucepan, heat the milk and sugar. Fold in the instant cocoa. Set aside.

In a bowl, whip the egg yolks and cornstarch. Dilute in 1/3 cup of the hot milk mixture. Set aside.

Bring to a boil the remaining sweetened milk. Beat into the yolk mixture.

Pour into a saucepan. Cook for 1 minute or so, whisking vigorously.

Off heat, whisk in the butter and vanilla until creamy smooth. Let cool until lukewarm. Refrigerate.

Per Serving (excluding unknown items): 1357 Calories; 57g Fat (36.6% calories from fat); 28g Protein; 194g Carbohydrate; 6g Dietary Fiber; 766mg Cholesterol; 271mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 2 Non-Fat Milk; 10 Fat; 9 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	1357	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.6%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	55.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.0%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	57g	Folacin (mcg):	103mcg
Saturated Fat (g):	30g	Niacin (mg):	1mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	37mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	6

Cholesterol (mg):	766mg
Carbohydrate (g):	194g
Dietary Fiber (g):	6g
Protein (g):	28g
Sodium (mg):	271mg
Potassium (mg):	1043mg
Calcium (mg):	680mg
Iron (mg):	4mg
Zinc (mg):	5mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	2454IU
Vitamin A (r.e.):	690 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	10
Other Carbohydrates:	9

Nutrition Facts

Amount Per Serving

Calories 1357 **Calories from Fat:** 496

% Daily Values*

Total Fat 57g	87%
Saturated Fat 30g	152%
Cholesterol 766mg	255%
Sodium 271mg	11%
Total Carbohydrates 194g	65%
Dietary Fiber 6g	23%
Protein 28g	
Vitamin A	49%
Vitamin C	8%
Calcium	68%
Iron	25%

* Percent Daily Values are based on a 2000 calorie diet.